

UNIVERSITI TEKNOLOGI MARA

**RELATIONSHIP OF SOCIAL SUPPORT,
MENTAL STRENGTH AND
GOAL ORIENTATION AMONG
UiTM FOOTBALL PLAYERS**

CHE NADIA CHE SAMSUDIN

Master of Sports Science

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A dissertation submitted in partial fulfillment of the requirements for the degree
of

Master of Sports Science

Faculty of Sports Science and Recreation


June 2012

CANDIDATE'S DECLARATION

I declare that the work in this dissertation was carried out in accordance with the regulations of Universiti Teknologi MARA. It is original and this is the result of my own work, unless otherwise indicated or acknowledge as referenced work. This dissertation has not been submitted to any other academic institution or non-academic institution for any other degree or qualification.

In the event that my dissertation be found to violate the conditions mentioned above, I voluntary waive the right of conferment of my degree and agree to be subjected to the disciplinary rules and regulations of Universiti Teknologi MARA.

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Abstract

The general purpose of this present study is to determine the relationships between social support, mental strength and goal orientation among UiTM football players. These key components (social support, mental strength, and goal orientation) as an integrated whole is most fundamental in ensuring the success especially in any football matches. Therefore this present research attempts to analyze the relationship of these three key fundamental factors as an integrated whole in the local setting. There were a total of 183 respondents who completed the questionnaires which consists of the social support dimension which is social support from parents, coach, friends, and government. Mental strength dimension consists of self confidence, motivational control, and focus control. Goal orientation dimension consists of task and ego orientation. The data analyses were conducted using structural equation modeling (SEM) via AMOS (Analysis of Moment Structures) software package Version 20.0. Exploratory Factor Analysis (EFA) and Confirmatory Factor Analysis (CFA) were performed to validate the scales. Three measurement models and an overall measurement model were generated and tested in compliance with a stringent purification process for the models. The results of the structural modeling revealed that out of 15 hypotheses tested 12 were supported whereas the remaining 3 were rejected. The results provide evidence that social support from parents, coach, friends and the government directly contribute towards overall social support which in turn, has significant relationships self-confidence, task orientation and ego orientation.

Additionally, self-confidence was found to have significant relationships with motivation control and focus control. Further evidence shows that the relationships between 1) overall social support and focus control, 2) focus control and task orientation, 3) focus control and ego orientation were not support. In future research, a longitudinal study would be particularly useful to observe the model changes from one phase of footballers or any sportsman's performance by applying the model. This study suggests that future study should include qualitative studies in addition to quantitative method in understanding the real world of the footballers or sportsman during the competition and also looking into bigger samples of amateur and professional sportsman.